

Book 47

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Title: Dealing with the  
side effects of 25mg  
Risperdal Consta

1. I noticed that the side effects of the medicine start to set in when my heart is attached to this dunia. Once I get home to rest, then switch everything off and turn all my longing to Allah and be in the complete worship of Allah (maybe every play Surah Bagarah), then when I wake up, I feel better and completely disconnected to this dunia, and only concerned in the remembrance of Allah  
wa Allahu A'lam

These side effects might be more related to my circadian cycle / the circadian cycle, or my sleep / wake states, and all the knowledge related to this mainly complete worship of Allah according to the sunnah of Prophet Muhammad peace